This is my most recent Humans of Utah post. I took the photo and interviewed this random guy I met at UVU.

I find it significant that someone I met out of the blue was willing to get photographed and open up to a stranger about one of his most personal experiences. It shows that everyone has a powerful story to share and a struggle that they are going through. I think of this often whenever I meet new people.

It reminds me how great it is to connect with others and how important it is to be kind to any stranger.